

| Read the following sentences carefully and on the bases of your own experience tick on one option that best explain your condition recently | 0=never to<br>3=always |   |   |   |
|---|------------------------|---|---|---|
| 1. Been feeling perfectly well and in good health?  | 0                      | 1 | 2 | 3 |
| 2. Been feeling in need of a good tonic?  | 0                      | 1 | 2 | 3 |
| 3. Been feeling run down and out of sorts?  | 0                      | 1 | 2 | 3 |
| 4. Felt that you are ill?   | 0                      | 1 | 2 | 3 |
| 5. Been getting any pains in your head?   | 0                      | 1 | 2 | 3 |
| 6. Been getting a feeling of tightness or pressure in your head?  | 0                      | 1 | 2 | 3 |
| 7. Been having hot or cold spells? 8. Lost much sleep over worry?   | 0                      | 1 | 2 | 3 |
| 9. Had difficulty in staying asleep once you are off?   | 0                      | 1 | 2 | 3 |
| 10. Felt constantly under strain?   | 0                      | 1 | 2 | 3 |
| 11. Been getting edgy and bad-tempered?   | 0                      | 1 | 2 | 3 |
| 12. Been getting scared or panicky for no good  | 0                      | 1 | 2 | 3 |
| 13. Found everything getting on top of you?   | 0                      | 1 | 2 | 3 |
| 14. Been feeling nervous and strung-up all the time?  | 0                      | 1 | 2 | 3 |
| 15. Been managing to keep yourself busy and occupied?   | 0                      | 1 | 2 | 3 |
| 16. Been taking longer over the things you do?  | 0                      | 1 | 2 | 3 |
| 17. Felt on the whole you were doing things well?   | 0                      | 1 | 2 | 3 |
| 18. Been satisfied with the way you've carried out your task?   | 0                      | 1 | 2 | 3 |
| 19. Felt that you are playing a useful part in things?  | 0                      | 1 | 2 | 3 |
| 20. Felt capable of making decisions about things?  | 0                      | 1 | 2 | 3 |
| 21. Been able to enjoy your normal day-to-day activities?   | 0                      | 1 | 2 | 3 |
| 22. Been thinking of yourself as a worthless person?  | 0                      | 1 | 2 | 3 |
| 23. Felt that life is entirely hopeless?  | 0                      | 1 | 2 | 3 |
| 24. Felt that life isn't worth living?  | 0                      | 1 | 2 | 3 |
| 25. Thought of the possibility that you might make away with yourself?  | 0                      | 1 | 2 | 3 |
| 26. Found at times you couldn't do anything because your nerves were too bad?   | 0                      | 1 | 2 | 3 |
| 27. Found yourself wishing you were dead and away from it all?  | 0                      | 1 | 2 | 3 |
| 28. Found that the idea of taking your own life kept coming into your mind?   | 0                      | 1 | 2 | 3 |